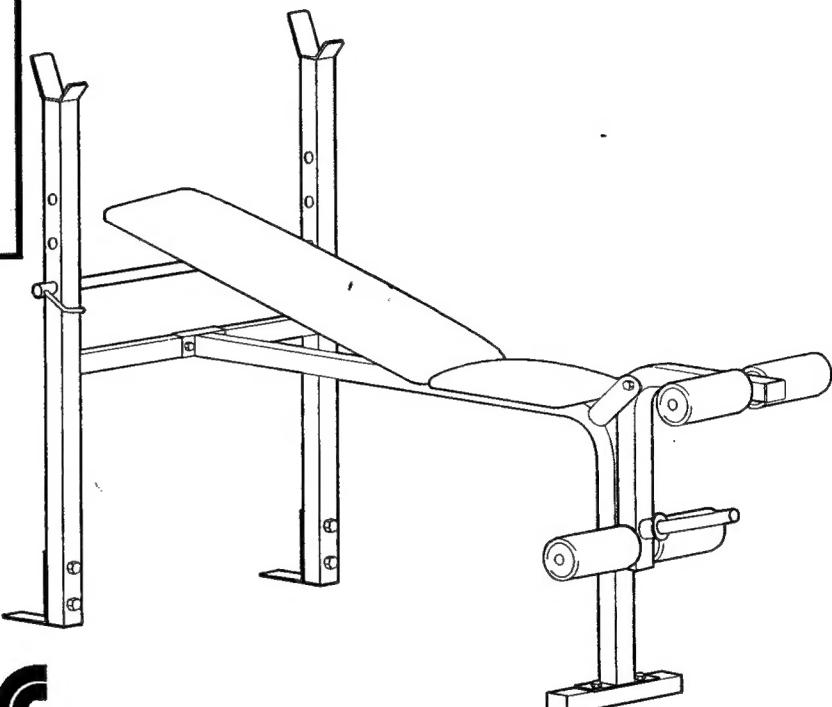
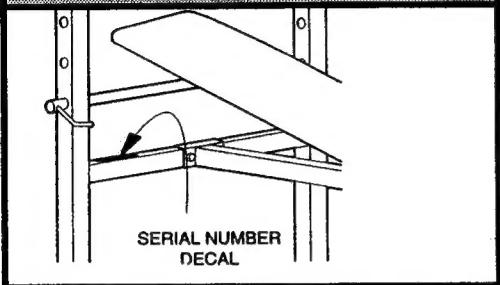


MUSCLE 129

MODEL NO. E129

SERIAL NO.

Write serial number in the space above for reference.



weider
OWNER'S MANUAL

MADE IN CANADA

Congratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll-free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.
Extended Seasonal Hours: (Dec. 1 - Feb. 28) Monday-Friday 7:00 AM - 9:00 PM;
Saturday 9:00 AM - 5:00; Sunday 12:00 PM - 4:00 PM.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable service.

PRINTED IN CANADA

NN1294E1290

WEIDER SPORTING GOODS, INC.
900 West St. John, Olney, IL 62450 USA

ORDERING PARTS

TO INSURE THAT YOU WILL GET ALL OF THE PRIVILEGES AND PROTECTION THAT COME WITH YOUR PURCHASE, PLEASE COMPLETE YOUR * OWNER'S REGISTRATION CARD * WITHIN THE NEXT 10 DAYS.

Simply mail your *OWNER'S REGISTRATION CARD* to receive all benefits to which you are entitled.

WARRANTY VERIFICATION : Your prompt registration verifies your right to protection under the terms and conditions of your warranty.

OWNER CONFIRMATION : Your completed OWNER'S REGISTRATION CARD serves as confirmation of ownership in the event of product loss or theft.

1. YOUR OWNER'S I.D. CARD VERIFIES THE PRODUCT YOU HAVE PURCHASED, YOUR NAME, ADDRESS, AND THE DATE OF YOUR PURCHASE.

2. PARTS MAY BE ORDERED USING THE PARTS ORDER CARD WHICH IS INCLUDED WITH THIS PRODUCT OR BY CALLING OUR PRODUCT SERVICE NUMBER: 1-800-225-0653.

3. BEFORE ORDERING PARTS BY PHONE HAVE READY THE FOLLOWING INFORMATION TO EXPEDITE YOUR ORDER:

1. Name of the Product (MUSCLE E129)
2. Model Number of the Product (E129)
3. Ordering Number of the Part (See Parts List Page)
4. Description of the Part from the Parts List Page.
5. Country of the Manufacturer (See Cover)

THE SAME INFORMATION IS REQUIRED WHEN PLACING YOUR ORDER BY MAIL.

If you need parts or assistance do not return this product to the store, simply contact WEIDER CUSTOMER ASSISTANCE at 1-800-225-0653 Monday through Friday 7 a.m. to 6 p.m. CST.

Extended Seasonal Hours (Dec. 1 - Feb. 28) Monday through Friday 7 a.m. to 9 p.m.; Saturday 9 a.m. to 5 p.m.; Sunday 12 p.m. to 4 p.m.

All parts and service inquiries should be directed to: WEIDER SPORTING GOODS, Parts Service Department, 900 West ST. John Street, Olney Illinois. 62450.

E129 PART LIST

DIAGRAM NO.,	PART NAME	QTY.	ORDERING NO.
1	UPRIGHT	1	C026-D04*G41
2	L-BRACKET	2	C6125-A22*G41
3	MAIN FRAME	1	C2167-E14*G41
4	FRONT SUPPORT	1	C2168-E14*G41
5	LEG CURL	1	C0155-D04*G41
6	BACKREST	1	C1346-E14*G41
7	LONG ANGLE IRON	2	C6118-A25*G41
8	SEAT	1	C0355-C02*G41
9	PAD BAR - 3/4" X 11 1/2"	2	C6136-C08*G41
10	FOAM ROLLER - 2 3/4" X 5"	4	C0437-B25*G41
11	BACKREST ADJ BAR	1	C6045-A05*G41
12	WEIGHT PIN	1	C0148-C15*G41
30	3/4" ROUND PLASTIC INSERT CAP	4	AA-8004*G41
31	1" ROUND PLASTIC INSERT CAP	1	AA-8005*G41
32	1" ROUND PLASTIC COVER CAP WITH 15° ANGLE END	1	AA-8070*G41
33	1 1/2" SQUARE PLASTIC INSERT CAP	5	AA-8001*G41
34	3/8" X 2 1/2" HEX HEAD BOLT	1	HH-5018*G41
35	3/8" NYLON LOCK NUT	1	HH-5013*G41
36	5/16" X 2" HEX HEAD BOLT	5	HH-5054*G41
37	5/16" NYLON LOCK NUT	9	HH-5012*G41
38	1/4" X 3/4" MACHINE SCREW	6	HH-5022*G41
39	5/16" X 2 1/4" HEX HEAD BOLT	2	HH-5199*G41
43	5/16" X 1 3/4" HEX HEAD BOLT	2	HH-5301*G41
50	DECAL	1	DE-4177*G41
	ASSEMBLY MANUAL	1	CNN-1294*G41
	HARDWARE BAG	1	C8874-G41*G41

IMPORTANT SAFETY PRECAUTIONS

CAUTION: DO NOT ASSEMBLE OR USE THIS EQUIPMENT ON A NON-MAR SURFACE.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Assembly Manual.
3. Position the Weight Bench on a level surface.
4. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
5. Keep hands away from moving parts other than the designated handles.
6. Keep small children away from this equipment during use.
7. Do not allow small children to play on this equipment unattended.
8. Wear appropriate workout attire, including running or aerobic shoes.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

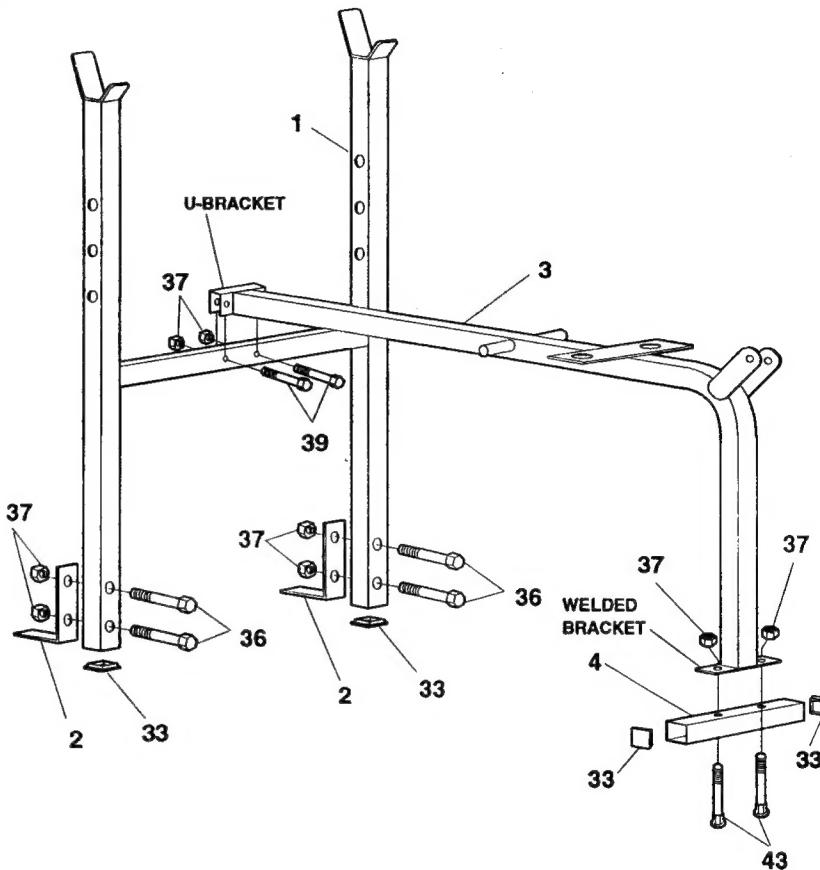
STEP 1 UPRIGHT ASSEMBLY

PART NAME	QTY
33 1 1/2" SQUARE PLASTIC INSERT CAP	4
36 5/16" X 2" HEX HEAD BOLT	4
37 5/16" NYLON LOCK NUT	8
39 5/16" X 2 1/4" HEX HEAD BOLT	2
43 5/16" X 1 3/4" HEX HEAD BOLT	2

» NOTE: Select the FRONT SUPPORT (4) and look at it carefully. THE RECESSED HOLES ON THE FRONT SUPPORT MUST BE FACED TOWARD THE FLOOR.

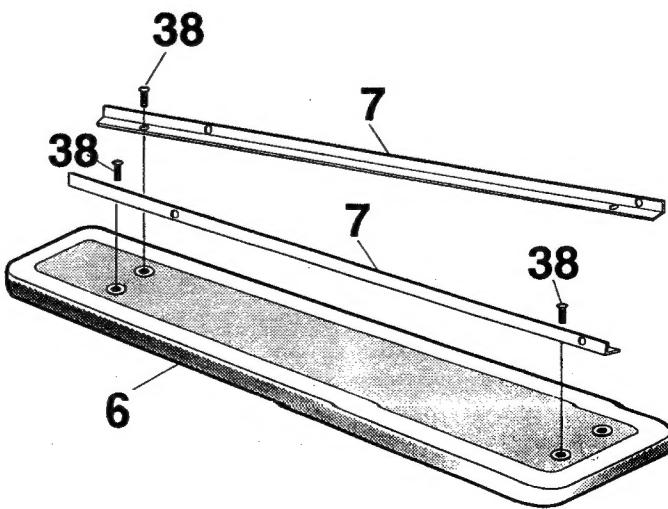
- Attach the FRONT SUPPORT (4) (Recessed holes faced to the floor.) to the Welded Bracket of the MAIN FRAME (3) using 5/16" X 1 3/4" HEX HEAD BOLTS (43) to bolt up through the bottom of the Front Support and into the Bracket of the Main Frame. Secure with 5/16" NYLON LOCK NUTS (37).
- Lower the rear U-Bracket of the MAIN FRAME (3) onto the cross-member of the UPRIGHT (1). Align the bolt holes and using 5/16" X 2 1/4" HEX HEAD BOLTS (39) bolt through the U-Bracket of the Main Frame and then through the back of the Upright. Secure with 5/16" NYLON LOCK NUTS (37).
- Insert 1 1/2" SQUARE PLASTIC INSERT CAPS (33) into the ends of the FRONT SUPPORT (4).

- Begin by press 1 1/2" SQUARE PLASTIC INSERT CAPS (33) into the bottom of the UPRIGHT (1).
- Align the bolt holes on the L-BRACKETS (2) with the bolt holes on the bottom of the UPRIGHT (1) Leg. Secure each Bracket with 5/16" X 2" HEX HEAD BOLTS (36) and 5/16" NYLON LOCK NUTS (37).

**STEP 2 BACKREST & SEAT ASSEMBLY**

PART NAME	QTY
38 1/4" X 3/4" MACHINE SCREW	6

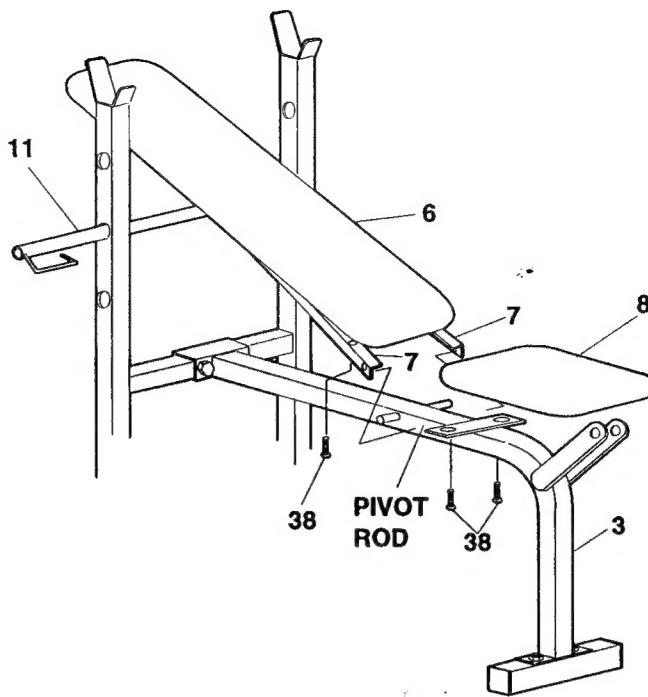
- Turn the BACKREST (6) over to expose the threaded holes. Position the LONG ANGLE IRONS (7) with the flat side to the outside onto the back of the Backrest. The bottom end of the Backrest is the end that the Long Angle Irons extend past. This is the end that is assembled to the MAIN FRAME (3). Secure one Long Angle Iron and only the top of the other with 1/4" X 3/4" MACHINE SCREWS (38). DO NOT TIGHTEN AT THIS TIME!



Position the secured **LONG ANGLE IRON** (7) onto the **Pivot Rod** on top of the **MAIN FRAME** (3) and slide the freed end of the opposite Long Angle Iron back into position and onto the opposite end of the **Pivot Rod**. Attach the remaining freed end of the Angle Iron with a **1/4" X 3/4" MACHINE SCREW** (38) and then tighten all Machine Screws.

With the **SEAT** (8) right-side up, lower to the **Seat Bracket** on top of the **MAIN FRAME** (3) and attach with **1/4" X 3/4" MACHINE SCREWS** (38).

Slide the **BACKREST ADJ BAR** (11) into any of the hole patterns in the **UPRIGHT** (1). The Backrest Adjust Bar is used to adjust the Backrest into three different positions.



STEP 3 LEG CURL ASSEMBLY

PART NAME	QTY
30 3/4" ROUND PLASTIC INSERT CAP	4
31 1" ROUND PLASTIC INSERT CAP	1
32 1" ROUND PLASTIC COVER CAP w/15°	1
33 1 1/2" SQUARE PLASTIC INSERT CAP	1
34 3/8" X 2 1/2" HEX HEAD BOLT	1
35 3/8" NYLON LOCK NUT	1
36 5/16" X 2" HEX HEAD BOLT	1
37 5/16" NYLON LOCK NUT	1

Position the **LEG CURL** (5) between the Leg Curl Brackets on the front of the **MAIN FRAME** (3) and secure with a **3/8" X 2 1/2" HEX HEAD BOLT** (34) and **3/8" NYLON LOCK NUT** (35). DO NOT OVERTIGHTEN SO AS TO ALLOW THE LEG CURL TO SWING FREELY.

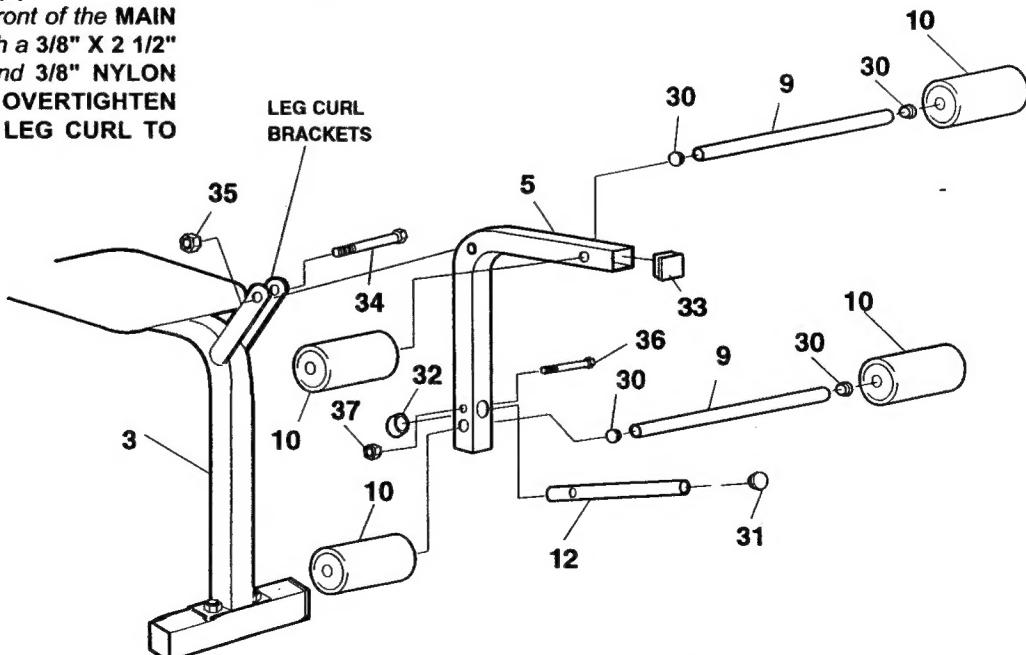
Assemble **3/4" ROUND PLASTIC INSERT CAPS** (30) into the ends of the **3/4" X 11 1/2" PAD BARS** (9). To help in the assembly of the Foam Rollers, a small amount of liquid dish detergent should be applied to both ends of the Pad Bars.

Assemble a **2 3/4" X 5" FOAM ROLLER** (10) onto one end of each **PAD BAR** (9).

Press a **1 1/2" SQUARE PLASTIC INSERT CAP** (33) into the forward end of the **LEG CURL** (5).

Assemble the **WEIGHT PIN** (12) through the angled hole on the front of the **LEG CURL** (6). Align the bolt holes and fasten securely with a **5/16" X 2" HEX HEAD BOLT** (36) and a **5/16" NYLON LOCK NUT** (37).

Press a **1" ROUND PLASTIC INSERT CAPS** (31) into the front end of the **WEIGHT PIN** (12). Assemble a **1" ROUND PLASTIC COVER CAP WITH 15° ANGLE END** (32) over the rear extended portion of the Pin.



Assemble the Pad Bars into the larger access holes at the ends of the **LEG CURL** (5). Assemble on the remaining Foam Rollers.

LIMITED WARRANTY

Weider Sporting Goods, Inc. warrants this item of equipment to be free from defects in material and/or workmanship for a period of 90 DAYS from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of THREE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

To obtain warranty you must include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment; otherwise no warranty will be issued. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs.

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.